

# UCOOK

## Spicy Beef Vindaloo

with a poppadom, raita & cashew nuts

Get ready for a yummy kick of flavour with this spicy number. Notes of rich, zingy tomato, fried garlic, and warming Indian spices come together in this memorable beef curry. The heat is balanced with a cooling raita and fresh sambal on the side. So, grab a crispy poppadom and start scooping!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes


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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Adventurous Foodie

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 No paired wines

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## Ingredients & Prep

20ml	Nuts & Noodles <i>(10ml Egg Noodle Pieces &amp; 10ml Cashew Nuts)</i>
75ml	White Basmati Rice <i>rinsed</i>
150g	Free-range Beef Rump Strips <i>cut into bite-sized pieces</i>
120g	Carrot <i>rinsed, trimmed, ½ finely diced &amp; ½ grated</i>
1	Onion <i>½ peeled &amp; finely diced</i>
10ml	Vindaloo Spice <i>(1 Bay Leaf &amp; 10ml NOMU Indian Rub)</i>
20ml	Spice & All Things Nice Durban Curry Paste
1	Garlic Heads <i>peeled &amp; grated</i>
1	Chilli. <i>rinsed, deseeded &amp; roughly sliced</i>
100g	Tomato Passata
1	Plum Tomato <i>rinsed &amp; roughly diced</i>
1	Poppadom
30ml	Raita

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. TIME FOR A TOAST** Roughly chop the nut & noodle mix and place in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. NICE RICE** Return the pot to medium heat with the rinsed rice and 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**3. FRAGRANT FRY-UP** Pat the beef pieces dry with paper towel. Return the pot to medium-high heat with a drizzle of oil. When hot, fry the beef pieces until browned, 2-3 minutes (shifting occasionally). Add the diced carrot and ½ the diced onion. Fry until starting to soften, 4-5 minutes (shifting occasionally).

**4. SPICE & ALL THINGS NICE** When the onion and carrot have started to soften, add the vindaloo spice, the curry paste, the grated garlic, and the sliced chilli (to taste) to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata and 150ml of water. Bring to a boil. Lower the heat and simmer until slightly reduced, 10-15 minutes. Season and add a sweetener.

**5. SENSATIONAL SAMBAL** While the curry is simmering, add the diced tomato and the remaining onion (to taste) to a bowl. Toss with the grated carrot, a drizzle of olive oil, and seasoning, and set aside.

**6. POPPING POPS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

**7. EAT IT UP** Bowl up the fluffy rice and the delicious vindaloo curry. Dollop over the raita. Serve the sambal and the crispy poppadom on the side. Scatter over the toasted noodles & cashews and there you have it!



## Chef's Tip

If you don't feel like frying the poppadoms, heat them in the microwave until crispy, 20-30 seconds.

## Nutritional Information

Per 100g

Energy	537kJ
Energy	128kcal
Protein	7.4g
Carbs	15g
of which sugars	2.7g
Fibre	1.6g
Fat	2.7g
of which saturated	0.7g
Sodium	189mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days